

# Thiamin

## Functions:

- Production of energy
- Part of enzymes
- Membrane & nerve conduction

## Deficiency Symptoms:

- Confusion
- Loss of appetite & weight
- Muscle weakness, uncoordination & wasting
- Edema
- Enlarged heart & increased heart rate

## Conditions Contributing to Deficiency:

- Alcoholism
- Increased metabolism
- Drinking excess coffee & tea
- Malabsorptive disorders such as celiac disease or ulcerative colitis

## Recommended Daily Amount:

1.0 - 1.5 milligrams

## Toxicity Symptoms:

- Headache
- Convulsions
- Abnormal heart rhythms
- Shock

## Good Food Sources:



Pork



Organ meats

Brewer's yeast

Enriched grains

Wheat germ

Rice bran



Millet

Rolled oats

Barley



Peas

Black-eyed peas



Pinto beans

Soybeans/tofu



Peanuts

Sunflower seeds

Sesame seeds